



Doris Grinspun, executive director of the Registered Nurses Association of Ontario, talks with Conestoga president John Tibbits after her speech in the blue room Dec. 1.

(Photo by Alison Shadbolt)

Nurses urged to fight for their jobs

By Alison Shadbolt

Nurses have the power to help reverse harmful trends in Canada's health-care system, the executive director of the Registered Nurses Association of Ontario told about 80 listeners in Doon's blue room Dec. 1.

Doris Grinspun urged the students, faculty and administrators of Conestoga's nursing program, who made up most of the audience, to fight "the epidemic replacement of registered nurses by registered practical nurses and unregulated workers."

She said RNs must push to become more involved in active patient care rather than hospital and community health-care administration.

"Nurses cannot nurse without being with patients. That secretarial work is not nursing."

Grinspun said the replacement of RNs with unregulated workers is damaging to patient care and to two of the key aims of her association.

These aims are to provide universal access to a range of services and to provide universal access to qualified health-care professionals.

Hospital budgets are being cut, she said, but community health services are not increasing, despite a 20 to 30 per cent greater demand. This means many patients don't get the care they need.

Grinspun said despite hospital layoffs, she is sure graduates of Conestoga's nursing program will find jobs.

Her concern is that a shortage of RNs is imminent.

This is because budget cuts have triggered a drop in enrolment in nursing programs, which will mean fewer highly qualified and trained nurses in the future.

She believes the recent replacement of RNs with unregulated workers is because of political reasons rather than economic pressures, she said.

Research since 1976 shows the greater the ratio of RNs to patients, the lower the mortality rates and the fewer and shorter the hospital stays, said Grinspun.

Studies comparing the economic efficiency of centres with only RNs and centres with a mix of RNs and unregulated workers showed the units with only RNs were cheaper, she said.

This is because their knowledge

and skill mean they waste less time and fewer supplies.

Grinspun encouraged nurses to be proactive in reversing the trend of replacing RNs for their own benefit and the benefit of their patients.

She said they can do this in three ways: providing exemplary care and interacting with patients and their families; becoming involved in the organization of their workplaces and speaking on behalf of nurses; and becoming active outside work in helping friends, family and local MPPs understand nursing and what reforms mean to the quality of health care.

"I keep hearing in conferences we need to articulate better what nursing is," said Grinspun. "It's time to finish articulating and start to talk to the public about what it is that we do."

Some people, like Zareena Bahab, a fifth-semester nursing student, went to hear the speech hoping for a more positive message among the news of cutbacks and layoffs. Grinspun said registered nurses must take a positive role in ensuring their future and the future of the health-care system.

Conestoga wins United Way award

College raises \$30,000 for Kitchener-Waterloo

By Corey Jubenville

Conestoga College has won the United Way's award for having the most outstanding campaign during their fund-raising drive in Waterloo Region.

Conestoga won the award in the education division, going up against other United Way campaigns at the University of Waterloo and Wilfrid Laurier University.

The announcement was made at a gathering of volunteers from the college Nov. 25 by United Way representative Ingrid Town.

The meeting was held to celebrate volunteers at Conestoga raising \$30,000 for the United Way campaign, \$5,000 more than

the \$25,000 goal originally set.

The money from Conestoga was raised over several weeks using various events including the United Way kick-off, a toonie toss, a bike-a-thon and a spaghetti lunch.

The amount raised, participation and results were the criteria used to judge the winner.

John Thompson, United Way

was one of the committee members on hand for the announcement.

"I think it was just fantastic," she said after thanking the volunteers for their help and the people who donated money to the campaign.

John Thompson, executive director of the Kitchener-Waterloo and area United Way said the amount raised, participation and results were the criteria used to judge the winner.

Lesa Cronsberry



Members of the United Way committee at Conestoga at the awards presentation. From left: Diane Burgess, Eleanor Conlin, Lesa Cronsberry, Dick Parker, Janeen Hoover, United Way representative Ingrid Town and Greg Burns.

(Photo by Corey Jubenville)

Marketing news

Conestoga wins big at Ontario competition

Students place first at Ontario Colleges Marketing Competition



Marketing students (left to right) Charlotte Leib, Deborah Slotegraaf, Amanda Stronach, Heidi Siebels, Shelly Thompson, Hulya Erol, Tina Clements and (at bottom) Bernadette Giet celebrate their trophy for best overall in the 1997 Ontario Colleges Marketing Competition at an awards banquet at the Ambassador Hotel in Kingston, Nov. 21.

(Photo courtesy of Ted Goddard)

By Ross Bragg

Marketing students at Conestoga College placed first overall in the 1997 Ontario Colleges Marketing Competition, held Nov. 20 and 21 at St. Lawrence College in Kingston, Ont.

Second- and third-year marketing students Tina Clements, Hulya Erol, Bernadette Giet, Charlotte Leib, Heidi Siebels, Deborah Slotegraaf, Amanda Stronach and Shelly Thompson competed in a series of marketing-related case studies competitions. The eight students also competed in an all-college quiz bowl, which was played in a "Reach for the Top" format.

Fourteen other colleges competed for points in the competition.

Siebels said it was a very close competition. "It was stressful to watch. The quiz bowl came down to the last two teams and the two last questions."

"The judges seemed to think we had a bit of an advantage because of our professionalism and our skills."

*Amanda Stronach,
marketing*

Team players in the quiz bowl were asked short-answer questions about marketing terms and would ring a bell when they had an answer.

She said their team's main competition came from Centennial College in Scarborough, Ont.

"They (Centennial's team) were only one point behind us," said Siebels.

Members of Conestoga's team said the case studies were challenging as well.

"We had just half an hour for each and it was just enough time," said Siebels.

The cases, sponsored and judged by local and national businesses, tested the competitors' ability to apply marketing skills and abilities in a competitive situation. Case studies were in marketing, advertising, selling, retail and entrepreneurship.

In one case, for example, Conestoga's team had Club Med as a company they had to market. The team had to devise ways to reposition the company in the marketplace and define the target audience.

"We thought we would be lost on case studies," said Siebels. "We were so excited that we ended up coming in second."

Stronach said, "They were really testing our professionalism."

Team members said the program at Conestoga and its close links

with the industry helped give the team the winning edge.

"The judges seemed to think we had a bit of an advantage because of our professionalism and our skills," said Stronach.

Team players said the two-day event was often more work than play. They said the first few nights before the event were spent studying and preparing for the case studies. On the Friday night, after the competition was over, the students did have a chance for relaxation at the awards banquet and cocktail party.

Slotegraaf said the event is partly held to give marketing programs a chance to recognize top students in the program. Conestoga's team was picked by the marketing faculty from a pool of about 30 students after the program held play-off type competitions at the college.

Steve Finlay, coordinator of the marketing program at Conestoga, said the competition was a really good opportunity to let corporate sponsors see the abilities of college marketing programs.

"These are national and international companies," Finlay said. "When they see what these students are studying, people from these companies are saying these guys really know what they are talking about."

"When they see what these students are studying, people from these (national and international) companies are saying these guys really know what they are talking about."

*Steve Finlay,
coordinator of marketing*

"They are saying 'These guys are as smart as the guys in university.'"

Finlay and the three other faculty members from the marketing program accompanied the students to the event.

To get best overall score, Conestoga's team won first-place awards for marketing and, in the quiz bowl, second-place awards for retail and third-place awards for advertising and market research.

DO YOU KNOW WHAT IT TAKES TO MAKE A GREAT RELATIONSHIP?

If you are in a relationship or
thinking about it
come to a workshop on

ESTABLISHING MUTUALLY SATISFYING RELATIONSHIPS

Presented by:

BARBARA PRESSMAN

Individual, couple and family counsellor

for over 30 years

MONDAY, DECEMBER 8, 1997

11:30 A.M. - 12:20 P.M.

IN THE SANCTUARY
(STUDENT LOUNGE)

*Women's Resource
Group*



Conestoga College



(Photo by Sarah Smith)

Easy, now a little to the left

Billy Squires of Sign Art directs the positioning of the new sign on the main building of Doon campus, facing Highway 401 Nov. 26.

DSA board of directors study schedule Classes may start sooner

Richard Berta

The schedule for the 1998 fall semester was studied at the Doon Student Association's (DSA) Board of Directors meeting Nov. 25. According to Kevin Mullen of the Registrar's Office, there are two possible schedules.

The first option would involve classes starting on Aug. 31, a week before Labor Day, and concluding on Dec. 11, with exams running until Dec. 18.

The second option would mean classes would start after Labor Day on Sept. 8, and end on Dec. 18. Exams would run until Dec. 24.

Mullen said that the first option was the one recommended by Fred Harris, the registrar, and the one

Neither faculty nor students have responded warmly to the idea of having exams until the day before Christmas.

Kevin Mullen

preferred by faculty.

With this schedule, two Mondays of classes would be missed, as a result of holidays on Labor Day and Thanksgiving, he said.

This contrasts with three Mondays and a Friday that would be missed under the second option. "The loss of three

Mondays in one semester would be unacceptable for classes which are scheduled on that day," Mullen said.

Mullen added that neither faculty nor students responded warmly to the idea of having exams until the day before Christmas.

But dropping one week of the semester not an option, he said.

Mullen acknowledged one shortcoming of the first option. He noted that students would have to find residence a week earlier than they normally would, and this would mean paying an extra week of rent.

He said the college would make special arrangements with the housing department to exempt students from paying rent for the first week.

DSA seeks student input

Richard Berta

The Doon Student's Association (DSA) is seeking student feedback for entertainment ideas this semester, as well as input for the type of entertainment students want to see next semester.

Students can pick up an evaluation form at the DSA office or ask their class representatives.

"What we're doing is essentially an open forum report card," said Steve Harris, DSA entertainment manager. "We want students to tell us how we're doing. If it's good, then tell us; if it's bad, then we want to know that too."

The form offers students an

opportunity to evaluate the quality of performances organized by the DSA such as Big Sugar, Dave Acer, Sue Johanson and to decide whether they would want to have music, comedies, lectures, movies, or a variety in the future.

"Students will want to see more of something and less of something else, but we need them to tell us their preferences, so we can adjust our entertainment accordingly," Harris said.

Students can put in their suggestions on just about any aspect of entertainment. They can offer input as to whether they prefer live bands or DJs, and the kind of music they want to hear,

said Harris.

He added that this semester hasn't been the greatest for entertainment, particularly concerning bands. "People are requesting big name bands, and although it would be ideal to have them, big name bands and even some small name bands are asking for more than we can afford."

Harris said students should keep this in mind when they fill out their band preferences on the form. "Some (students) want to see the Tragically Hip, but we hope they select something a little more realistic, preferably something that wouldn't require mortgaging the college."

SUBMIT
LETTERS TO THE EDITOR,
NEWS TIPS,
SUGGESTIONS,
GUEST COLUMNS.

**Spoke
office
4B15**



GRAND VALLEY
BRANCH

CANADIAN INSTITUTE
OF MANAGEMENT

Leading The Way For Over 50 Years

**ADVANCE YOUR CAREER
IN MANAGEMENT**

Learn about the CIM program in the next
Conestoga College
Continuing Education Catalogue

or

Phone or Write either
CANADIAN INSTITUTE of MANAGEMENT
Grand Valley Branch
P.O. Box 24083, R.P.O. Evergreen
Kitchener, Ontario N2M 5P1
(519) 896-3165

or

CANADIAN INSTITUTE of MANAGEMENT
National Office
1-800-387-5774

Editorial

Global warming is in our hands

Recently, representatives from 150 countries, including Canada, gathered together in Kyoto, Japan, for a conference on global warming.

The problem with global warming is the issue has become a tug-of-war between current commerce and the well being of our future citizens.

Put simply, modern humans won't give up current living standards for the sake of a yet invisible problem hanging over the heads of their grandchildren.

Island states around the world are in turmoil over the thought of their future generations being drowned out by melting polar ice caps.

However, high industrial countries worry that emission limits may wreak havoc on their current profits.

We, the country with the boy scout reputation, are surprisingly no better.

In the late 1980s and early 1990s, Canadians listed the environment as one of their top concerns.

However, the financial hardship of the recession later tugged at our boy scout image.

The environment fell to the bottom of the list of important issues as governments and industry tried to boost the Canadian economy.

It is fair to say the environment went out the window as soon as our immediate needs could not be met.

The United States, the world's powerhouse in business, were to propose at Kyoto that industrial nations decrease their greenhouse gas emissions to 1990 levels by between 2008 and 2012.

This leadership by the States disappointed many industrial countries

who proposed that emissions be lowered to 20 per cent below 1990 levels by 2005.

It is scary that one of the world's most well-off countries, with more than enough resources to house, clothe and feed its people through even a recession could not lead the world with a bigger commitment.

As well, Canada's proposal echoes the United States as our boy scouts country tries to erase from memory the pledge at the Rio de Janeiro conference in 1992 that 1990 gas emissions would be met by the year 2000.

What is to say these new pledges will not be ignored as well?

We, as people, cannot place our heads underneath sand and ignore this problem, even though it seems invisible to us now.

A United Nations

organized network of scientists predicts continued emissions at current rates would raise the global temperature by 2 C to 6 C by 2100.

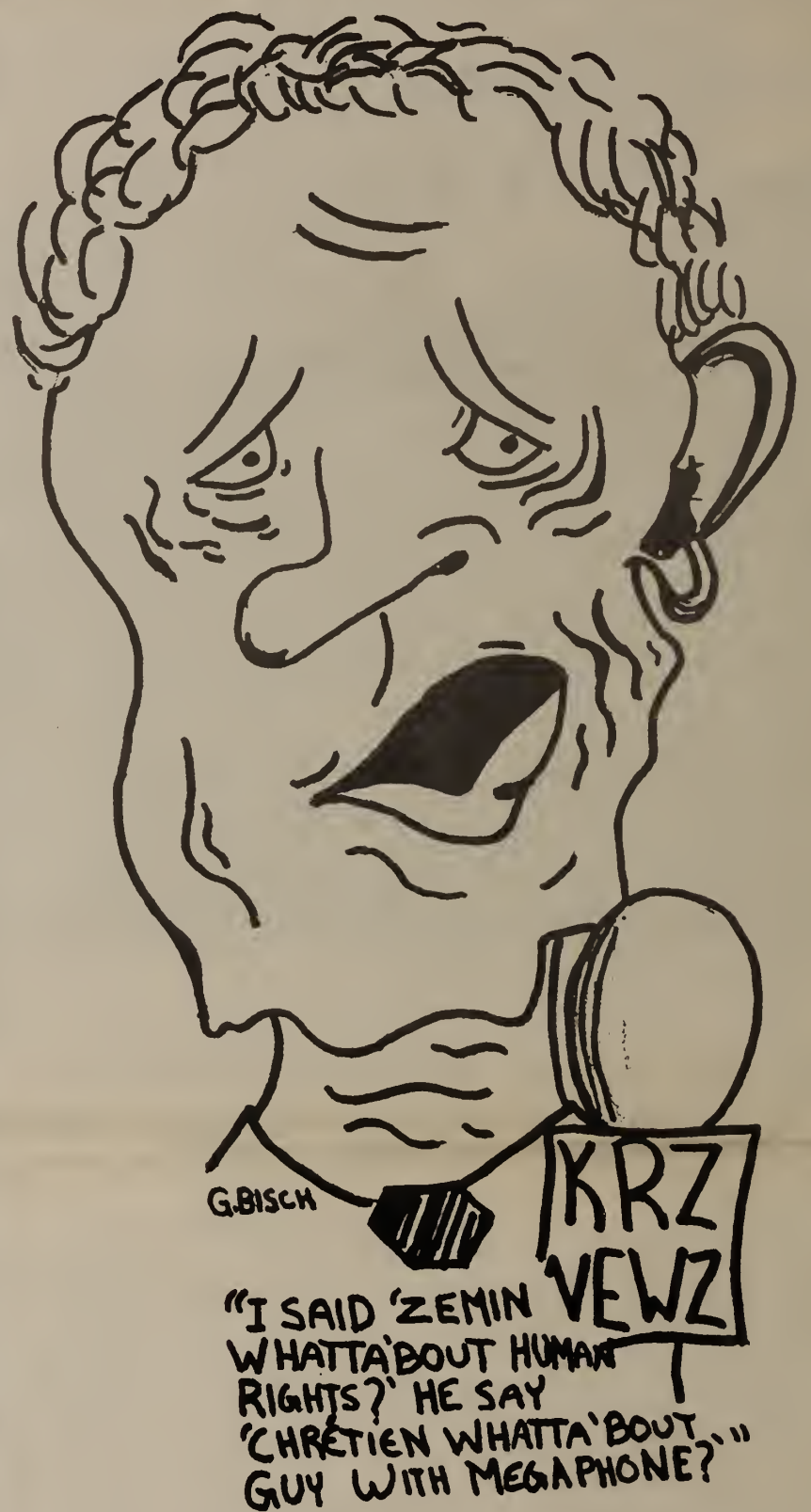
This does not seem dangerous in itself. But consider this — this warming would cause island shorelines to be inundated, climate zones to shift abruptly and weather to grow more turbulent — causing major environmental problems for the citizens of earth in the 22nd century.

Our government will not react to environmental concerns unless they know the people are willing to handle the consequences.

Therefore, as people we have to take the responsibility that our lives will be effected by policies made to help the environment.

It is up to us to choose between hardships or the survival of our grandchildren.

We, as people, cannot place our heads underneath sand and ignore this problem, even though it seems invisible to us now.



Letter

Student says business program getting a bad rep

I am a business student, yet a matter that has taken place in another department of the school has been brought to my attention.

About two weeks ago, some students in another department were complaining to a teacher about the injustice of business students having their own computer labs. Apparently, the teacher told them not to worry, because marketing students get to use them, but don't get jobs, anyway.

He continued by stating that if marketing students do get jobs, the jobs aren't marketing related. To begin with, this teacher hasn't any idea what he is talking about.

Marketing students do get jobs. In fact, the last report states that 97 per cent of marketing graduates have obtained jobs since graduation, and 90 per cent of the jobs are marketing/business related.

Secondly, the reason that business students have their own computer labs is that they have raised funds to buy the computers.

Before that, business students were without labs as well. The Conestoga Business Students Association holds events such as the "Biz Bash" and sells chocolate almonds for the purpose of raising money for computer labs, as well as supporting other business-related events.

I truly hope that what happened in this classroom is an isolated incident. We are Conestoga College—one unified post-secondary institute. It is a poor reflection on the school as a whole for one department to be unsupportive of another.

So the next time there is a need unmet, instead of complaining about it—do something. If students and teachers alike used their energy to solve problems instead of whining about them, imagine where Conestoga College would be today.

Shelly Thompson
Third-year Marketing student

Letter

Faculty member replies to Montreal Massacre article

(In response to Montreal Massacre, Spoke Dec. 1, 1997) Each year and every year, Spoke gets it wrong.

Victims: 14 Women—nameless, faceless.

Perpetrator: Marc Lepine—named.

I was surprised you never published his picture.

Martin Hare,
Engineering/Technology

SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

Editor: Ross Bragg; News editor: Erica Ayliffe; College life editor: Lori-Ann Livingston;

Features and issues editor: Jamie Yates; Entertainment editor: Sarah Smith; Assistant entertainment editor: Rita Fatila;

Sports editor: L. Scott Nicholson; Assistant sports editor: Corina Hill;

Photo editor: Barbara Ateljevic; Production manager: Alison Shadbolt; Advertising manager: Corey Jubenville;

Circulation manager: Matt Harris; Faculty supervisors: Jim Hagarty, Bob Reid

SPOKE's address is 299 Doon Valley Dr., Room 4B15, Kitchener, Ontario, N2G 4M4.

Phone: 748-5366 Fax: 748-5971 E-mail: spoke@conestogac.on.ca

SPOKE is mainly funded from September to May by the Doon Student Association (DSA). The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the DSA. Advertisers in SPOKE are not endorsed by the DSA unless their advertisements contain the DSA logo. SPOKE shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Unsolicited submissions must be sent to the editor by 9:30 a.m. Monday. Submissions are subject to acceptance or rejection and should be clearly written or typed; a WordPerfect or MS Word file would be helpful. Submissions must not contain any libellous statements and may be accompanied by an illustration (such as a photograph).

COMMENTARY

The meat of the matter - Vegetarian diets incite opposing views

He said . . .

It has been said that you are what you eat, and the proof of this is in the pudding. People annually eat billions of dollars' worth of lazy, fat cows. Recent reports say as many as one in four people are overweight. Coincidence? I think not.

The way that people select beef says it all. Cuts which are "marbled" are prized by some people more than lean cuts. Marbling, for those of you who don't know, are lines of fat coursing through the meat. In other words, the fat deposits.

Or the way people like their steaks rare, rare being a euphemism for raw and bloody.

Seventy-five per cent of the grain grown in Canada goes to feed animals that provide less nutritional value when slaughtered.

Understanding this, it is easy to see why some vegetarians would consider meat eaters as barbarians. I mean, who likes to chew raw meat? (If you answered yes, there's a racoon on the side of the road near my house with your name on it).

I'm not saying that all people who eat meat are heathens. I, myself, have been known to enjoy a Christmas turkey or two, but that's about as far as it goes.

I won't tell you about the health benefits of not eating animals that wallow in their own feces. Nor will I pontificate on mad cow disease, salmonella and the enormous quantity of methane gas given off by these walking whoopie cushions.

You probably already know that a vegetarian diet can be high in protein and just as nutritional than a meat diet because the body can better digest vegetables.

I will say my esteemed colleague in the



Corey Jubenville

opposing column has decided to attack vegetarians this week because, deep down, she wants to be one of the beer drinkin', cigar smokin', want-a-steak-so-rare-it's-on-the-endangered-species-list type of guys.

Case in point, she is going to be the new editor of Spoke in January, and she has joked about keeping a bottle of brandy in her desk, along with some Cuban cigars.

She wants to get married so she can continue the fine tradition of ball-and-chain jokes started by the current big cheese.

But she does have a good point; some people do go pretty far. I'm talking about extreme vegetarians (known as vegans) who won't eat anything even produced by an animal, such as milk, cheese or butter.

But these extreme vegetarians are a minority. Most vegetarians are ordinary people who have seen the wisdom of their decision. People with foresight, who recognize that eating sensibly now can save a lot of pain down the road.

You can't attack vegetarianism on the grounds that it's a white bread culture thing. Vegetarianism has been an integral part of many of cultures, including those of India and Japan, for centuries.

Vegetarianism has nothing to do with civilization. It has to do with careful thinking on the future of our planet and the waste generated by the meat industry.

In today's world, where many jobs require sitting at a desk typing on a computer for long periods of time and where people don't have time to exercise, it just makes sense.

Besides, I'd rather be the apple of someone's eye.

She said . . .



Rita Fatila

I don't think vegetarianism is unnatural. I do, however, have several issues with the arguments many vegetarians use to justify their diet.

Health isn't one of them, as I acknowledge it is healthier to not eat meat. It's the issues politically correct vegetarians use to promote their way as "better" that make me suspicious.

First of all, eating meat does not necessarily lead to apocalyptic destruction of the environment. Many American Indians included meat as part of their diet and managed to keep the Western Hemisphere in good condition for about 50,000 years.

The present problem the environment is facing is the same one that plagued native Americans — Europe. The type of capitalism perpetuated by those of European descent has led to the meat industry, which has a negative impact on the environment.

And while many political vegetarians loathe the meat industry, the produce industries are just as detrimental to the planet's health, keeping a tyrannical economic grip over many third-world countries, and keeping people of color as slaves so that self-righteous vegetarians can eat something besides meat.

Sometimes the corporations go even further, as the United Fruit Company did in the 1950s by overthrowing the Guatemalan government with the help of the CIA. The coup had the happy effect of keeping the workers poor and ensuring there were plenty of Chiquita bananas for everyone.

The issue of meat-eating is a question of respecting other cultures. My culture involves a fair amount of beef for meals, and I dare anyone to attack it without using

bigoted stereotypes.

The issue of race in meat-eating doesn't end at a culture's traditional diet. It also involves what injustices one chooses to focus on. My Chicana friend was eating a stuffed pepper when someone told her that by eating cheese she was killing animals. Meanwhile, the person that told her this was eating pro-

duce that had been grown by migrant workers, oblivious to the fact that mostly Latino and Filipino workers had breathed in carcinogenic pesticides for pennies to provide him with his dumb veggies. Can we be consistent, please? Or do animals count more than people of color?

This extends to other areas of animal rights as well. I don't think it's a coincidence that besides animal rights, Brigitte Bardot's other hobby is complaining about the "savage" Arabs in France.

And while we're on the subject of savage versus civilized, a racist duality frequently invoked by animal rights activists, what about the People for the Ethical Treatment of Animals with its ads — Be a Part of Civilization. Don't Wear It — that use the notion of civilization to persuade.

Yes, civilization is so wonderful — it's given us genocide, racism and made slaves out of the entire third world. I believe "civilization" was the same excuse the Europeans used when they colonized all the "savages" on the planet. Gee, that really makes me feel warm and fuzzy about the PETA.

But other issues of animal rights aside, even if a vegetarian doesn't buy any of my arguments, they will still have to respect the fact that I choose to eat meat, the same way I respect their choice not to.

Letters to the editor

Body ideal is unreasonable, student says

I am writing this letter to express my concern over a commentary Spoke carried. (Students find ways to beat the cold, Nov. 24). The most offensive remark was the following, made by Mr. Eaton: "The best way to keep warm is beside a nice fireplace with a six-foot, 36-24-36 female companion to help me out."

Please, Mr. Eaton, provide Spoke with a photograph of this healthy, nonsurgically-enhanced "ideal" female. Good luck.

While neither I nor the majority of my friends can ever attain Eaton's standard, I try to remain content with the image I have been given.

I am not aware of many women on campus that meet Eaton's requirements for physical beauty. In fact, I am not aware of many women within the general population that meet them - without surgical enhancements or reduction. While I am aware that his comment to the survey was likely made in jest, he should consider the power of his humor before making further statements regarding the female anatomy.

Julie van Donkersgoed,
Journalism, Year One

Green Shield CANADA

Where quality is more than a claim

October 30, 1997

The Doon Student Association
Conestoga College
299 Doon Valley Drive
Kitchener, Ontario
N2G 4M4

TO ALL STUDENTS:

It has been brought to our attention that the implementation of the new drug card plan has not gone as smoothly as we had envisioned. Despite our best efforts the plan was not able to be activated on the date that the Doon Student Association was originally promised.

The problems encountered to date were beyond the control of the Doon Student Association and were not a reflection of their efforts in ensuring that the students had the health plan in force in a timely manner.

This unfortunate situation is not reflective of Green Shield's service and/or capabilities. Although some of the problems were beyond our control, it does not relieve us of our responsibilities to our clients. I can assure you that this matter has been dealt with at the most senior positions within Green Shield Canada.

I am confident that we have taken the necessary steps to correct these problems. We realize, however, it is our challenge to regain your confidence as a drug card provider of choice. We welcome that challenge.

Yours sincerely,

Mike Brown
Director of Sales

285 Giles Blvd. E., P.O. Box 1606, Windsor, Ontario N9A 6W1
Phone (519) 255-1133 • Telex 1-800-265-5615 • Fax (519) 255-7929



Dear Students

As a member of the Doon Student Association, I work along with 10 other people who work towards creating an atmosphere which promotes communication, as well as energy and enthusiasm. We are a group of individuals who came together beginning May 1, with additions in September, to create a student executive with one thought and goal in mind: *Provide what is best for the students of Conestoga College, Doon Campus.* One of the most important services we provide is the DSA Health Plan, open to all full time Doon Campus students. Students have opted out of this plan provided they have identical coverage, as decided by the Canadian Insurance Laws.

Due to the rising health care costs in Canada, many student associations have implemented health care plans to cover their students. The Doon Student Association implemented a plan that would cover students during their studies at Conestoga College. Throughout the summer, the DSA worked with RWAM Insurance Administrators and Campbell & Company Insurance Brokers Ltd. to create a plan designed to meet the needs of students. Many students can be crippled by unexpected health care costs. Insurance is something one does not feel they need until these unexpected costs arise.

Any problems that occurred during the implementation of the plan were not the fault of the DSA or any of its members. Some students felt the problems with the plan were a direct result of the DSA. The accompanying letter from Green Shield Canada seeks to clarify this point to all Conestoga Students. Several key members of the DSA went above and beyond their duties to work to correcting the problems that occurred with the start up of the plan. The DSA has worked together to correct problems with this new plan and the system is now up and running and servicing all students on the plan.

As a result of the partnership, RWAM and Campbell & Co. have agreed to sponsor Grants available to any student on the DSA Health plan. Student numbers will be randomly drawn on Thursday, December 11, in the Sanctuary. There will be 10 - \$200 Grants available, and is free to be spent on anything from Christmas presents to next semester's tuition. The grant by RWAM and Campbell & Co. is a result of the dedication of the DSA and its members working with corporate partners for the good of all students.

We look forward to seeing everyone throughout the school, and have a happy holiday.

Yours sincerely,

Jerry Cleaves
Vice President of Student Affairs

DOON STUDENT ASSOCIATION OF CONESTOGA COLLEGE
299 Doon Valley Drive, Kitchener, Ontario N2G 4M4 Tel: (519) 748-5131 Fax: (519) 748-6477 E-mail: stema@doon.ca

Red Cross say they are happy with student turnout

Conestoga students fill mini blood donor clinic

By Greg Bisch

Conestoga students responded well to the Red Cross mini-clinic at Doon campus Nov. 27 and 28, said Brenda Cassidy, a Canadian Red Cross Society blood services recruitment coordinator.

"We are not taking walk-ins," said registered charge nurse and 1989 graduate of nursing at Conestoga, Pam Stanberry. "We are all booked up and then some."

"It has been great here considering there was not much publicity," said Stanberry.

"All the students have had great attitudes and we haven't had to turn that many away."

"I know it can save someone's life," said first-year accounting student Chris Watt while donating blood.

He said this was his second time giving blood. "You feel good after you do it."

Watt's blood was draining more slowly than expected. He cheerfully accepted a rubber ball from a nurse, and squeezed it to help the blood flow more quickly.

"There is nothing really difficult about it," said Watt.

However, Stanberry, who has given blood 15 times, has one difficulty with the process.

"I hate the finger poke," she said. The "finger poke" is a small sample of blood taken from the finger before the blood donation. The sample is used to check iron levels and blood type. "It is uncomfortable." In a room off the Sanctuary, three beds made up the mini-clinic.

"We would have a big clinic here," said Cassidy. "But there was just no room."

She said the room was the only one available at Doon for the Red Cross's use.

"A full sized clinic consists of about 10 beds," said Red Cross volunteer and Conestoga nursing student Joan Mackenzie.



First-year accounting student Chris Watt donates blood at the Red Cross mini-clinic in the Sanctuary Nov. 28.

(Photo by Greg Bisch)

"There is a certain amount of time allowed for a donor to get the full amount (a bag of 450ml).

"After that, they have to stop the procedure."

Mackenzie said she has learned a lot volunteering with the Red Cross. "They use as much blood as they get," she said.

For Watt, the rubber ball worked, and he was able to give the full amount.

As well, for students giving blood, Cassidy said they have little to worry about.

"There is absolutely no risk of any infection for the donors."

This came the same week a 1,100-page report from commissioner Horace Krever on the Red Cross's tainted blood scandal.

The Krever report was the result of a two-year inquiry into the contaminated blood from the Red

Cross in the early 1980's that infected some Canadians with the AIDS virus and hepatitis C.

"Everything used on the donors has never touched another patient and is sterilized," said Cassidy.

She added she is wary of any-

thing that may make Canadians afraid to donate blood.

"If Canada goes three days without collecting blood, people start to die," she said. "About 5,000 Canadians need blood every day."

With no worry of infection,

donors should be well fed and well rested before donating to avoid dizziness from the process, said Cassidy.

However, incidences of dizziness or fainting are actually very rare, she said.



This truck's for you

First-year automotive service technicians stand with the chair of trades and apprenticeships, Hans Zawada, to show off their truck Nov. 13. The truck was donated by Wellington Chrysler Dodge Jeep to help keep students up to date on the latest technology.

(Photo by Becky Little)

TUTORS DESERVE THANK-YOU!

Peer Tutors helped many students this semester with areas of difficulty in their studies in Health Sciences, Technology, and Business.

On behalf of those you helped - a sincere thank-you.



Remember: Tutors can be hired through Student Services (2B02) if you are experiencing difficulties. Hire a tutor next semester!

Calender Sale

December 9 - 12

The Sanctuary





Thump thump

Jean Walters, semester-one nursing, checks the blood pressure of Lou Caparara, a year-one general business student. Walters and other nursing students were practicing the technique near Door 4 Nov. 20.

(Photo by Ross Bragg)

Website helps you plan inexpensive vacations

By Amy Sonnenberg

You may have noticed posters around the school for Breakaway Tours New Year's and March break vacations. However, there's more to Breakaway Tours than what you see on those posters, and you can check it out at www.breakaway-tours.com.

The homepage opens with Breakaway Island, which has links

to help get you around the site easily.

Click on spring break, New Year's and party destinations to get all the information you need on the trips Breakaway Tours has to offer.

The link takes you to a map of North America labelled with the destinations Ski West, Ski East, Quebec City, Montreal, Florida and Mexico. Click on any of the several destinations for

vacation details.

The Ski West and Ski East trips allow you to customize your own vacation for any time of the year to resorts such as Whistler and Banff in British Columbia, Mont Ste. Anne in Quebec, Smuggler's Notch in Vermont and Lake Placid in New York.

The Breakaway Tours link was under construction at the time of this article, but phone numbers are

provided here for brochure orders. There is a link to the SPC café, which gives you information on Student Price Cards.

If you want to find out how to be a group leader and travel for free, there is a link which provides that information. It gives you step by step instructions on how to get started.

It also has links at the bottom of the page explaining

procedure list and set of rules to be followed in all events. If a student does not follow these rules, they can be suspended from volunteering.

In the past, one student was in charge of the committee. "This year we formed a committee because there's so much. One person can't go to every dance," Eltherington said. "The committee helps to organize events and everyone has their own event that they do."

Eltherington and Hlavac said sometimes they receive donations from places they volunteer at. The money is used to buy items for the committee, like security T-shirts, parking vests, radios and walkie talkies.

"Anything we can do to help benefit (the committee) in the future," said Eltherington. "We see what people we volunteer for want."

In the past, the students had volunteered at a place where plain T-shirts were deemed inappropriate. The money the committee had collected was used to buy golf shirts so volunteering students could look more professional.

more about being a group leader: frequently asked questions, 'Why travel with Breakaway', 'I want to sign up' and 'Get more info by e-mail'. Links to the destinations page and the homepage are also provided here.

The Breakaway Tours site makes it easy to plan an affordable trip for you and your friends for New Year's, spring break, or any time of year by phone or by e-mail.

Student volunteers patrol Victoria Park

By Barbara Ateljevic

Conestoga's law and security administration (LASA) students are working in conjunction with the Waterloo regional police to make sure everything runs smoothly in Victoria Park this year.

The festival of lights featured annually draws large crowds to the park and some people are concerned about the safety, said two members of LASA's student volunteer management committee.

Kyle Eltherington and Roman Hlavac, both second-year students, said people feel comforted just by knowing that LASA students are patrolling the park.

"We basically try to make everybody comfortable in the park," Eltherington said. "We want to try to get rid of the stereotype that's been put on it. We're mostly there for people to see us and feel comfortable."

Eltherington said quite often people will come up and ask if everything is okay in the park, especially people with children.

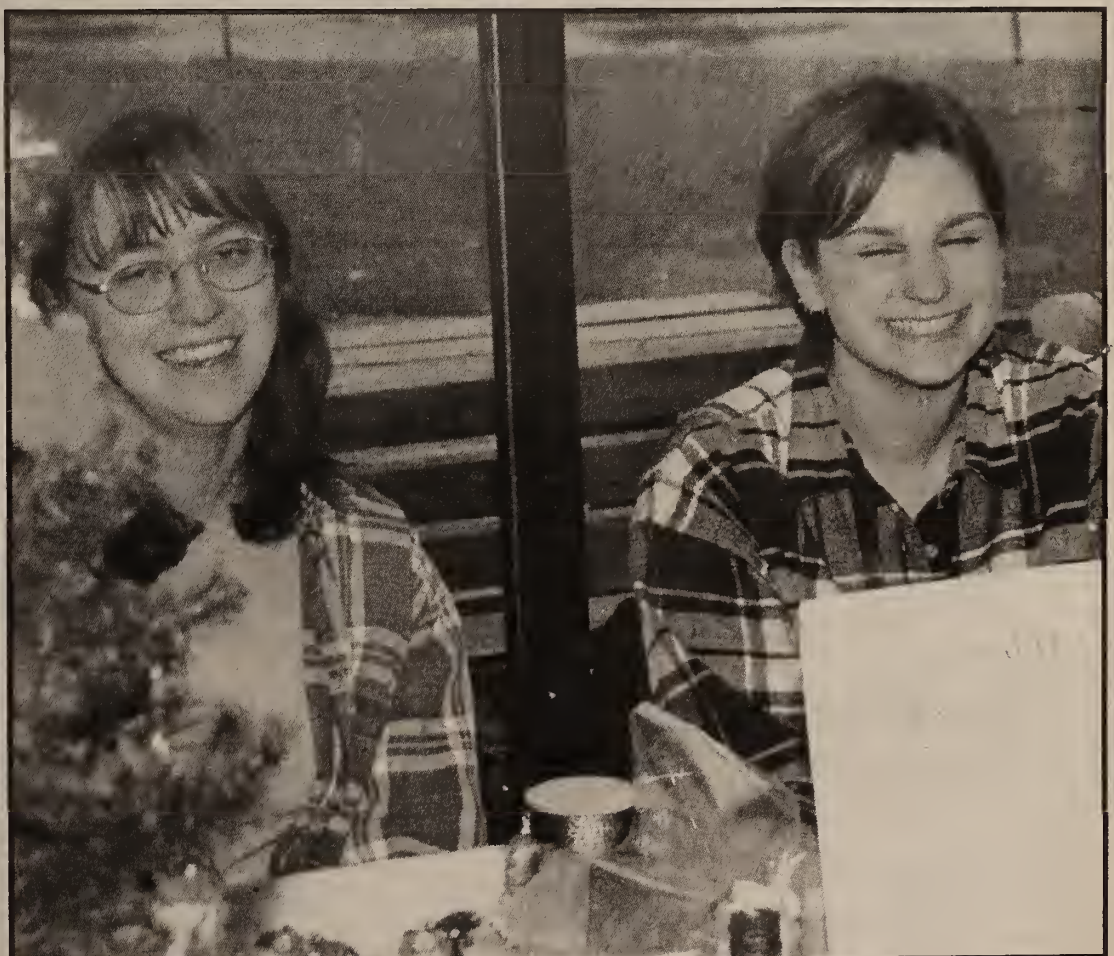
"They like the idea that somebody else is around. We know this because we've actually had people walk up to us and tell us."

"(The lights) bring out the community," Hlavac said. "I had one mother out with her child and she said 'If I hadn't heard that you guys were here, I wouldn't be here at all'. Our presence helps bring out people."

Eltherington said the media has played on the problems in the park so much that people are now scared. But, he said, the students never encountered any real problems last year while patrolling.

LASA started patrolling the park Nov. 29. They will have eight people out nightly, in two different shifts, until the end of the month. The students are equipped with walkie talkies and walk with partners.

"There are a lot of donation boxes located throughout the park and sometimes people try to get at them," said Hlavac. "We're not only looking after the lights but any other mischief that might be taking place."



Santa is watching

Karen McDonnell (left) and Andrea Forsythe display crafts at the employee craft and hobby show and sale Nov. 21.

(Photo by L.A. Livingston)

Student receives achievement award

Conestoga hosts APICS wine and cheese event

By Greg Bisch

The American Production and Inventory Control Society (APICS) is at Conestoga College. That was the message behind the APICS wine and cheese event Nov. 27.

"The whole idea is to raise awareness around the college and show them we are here," said APICS student chapter director of promotions, Udo C. Leo.

The event was organized by the Grand Valley APICS student chapter, which is based at Conestoga, said Leo. The student chapter is organized by participating materials management students.

"For those who may not be familiar with APICS, it is an organization which is celebrating its 40th birthday this year," said David Scott, president of the students chapter's executive members, to a room of about 70 faculty, students, and local



Materials management instructor Ian Gordon awards a bursary and plaque, for second-year achievement, to Shirleigh Lorimer.

(Photo By Greg Bisch)

business people.

"(APICS is) an organization for professionals in the fields of production planning, inventory control, materials management,

and logistics, with the goal of providing its members with opportunities for education, certification, and professional and social networking."

On the wall behind Scott, the mission statement of APICS student chapter read, "The student chapter of APICS will strive to continue increasing its membership, and to offer its members opportunities for educational and professional growth."

"The (APICS) organization began forming affiliate student chapters in 1970," said Scott.

"Conestoga College set up its first chapter in 1983, becoming only the second student chapter in Canada at the time."

"Actually, the student chapter that is based at Conestoga is one of the largest in Canada," said materials management teacher Ian Gordon. "To my knowledge there is only one bigger. That is in Toronto."

"One of the student chapter's



Udo Leo presents materials management instructor Ian Gordon with an APICS T-shirt for his involvement in the APICS student chapter.

(Photo By Greg Bisch)

main goals is to introduce students to future employers," said Leo. "After this year the wine and cheese event is to become an annual thing."

Paul Knight, materials management program coordinator at Conestoga, praised the efforts of APICS student chapter members.

"I think you are to be applauded for the initiative put out tonight," said Knight, looking in the direction of the student chapter executive.

"Hopefully we will build upon this initiative."

Other speakers of the evening

were John Wood, an APICS member from Walker Exhaust, and Cam DiNunzio, an APICS member from Kaufman Footwear.

Gordon also spoke to those in attendance and praised the Student chapter executive for the initiative.

As well, Gordon took the opportunity to hand out the materials management course bursary and plaque for second-year achievement to second-year materials management student Shirleigh Lorimer.

As expected, wine and cheese and crackers were served at the event along with coffee.

Peer health seminars failing, says coordinator

By Becky Little

In the fall of 1997, the nursing program, together with student services, started peer health education seminars. In an earlier interview with Spoke, Myrna Nicholas of student services said the idea behind the program was to have students talking to students about topics that they want to know about. The purpose of

student seminars was so it wouldn't seem like the audience was being preached at and the presentation would be on a more equal level, more comfortable and entertaining for the students, she said. However, the presenters especially are finding out that the students aren't interested.

Nicholas said in spring of this year, student services took a poll to find out what kinds of things

"The students are missing out."

Myrna Nicholas,
student services coordinator

students were interested in learning about. The six most common answers were compiled

into topics for nursing students to give a presentation on in the sanctuary. Unfortunately, the Sanctuary was not a good location.

"Students didn't like us intruding on their lounge," said Nicholas. People wanted to play games and talk, she said.

The next seminar was held in room 1C6. With the exception of two faculty members and a representative from Spoke, no one showed up. The pair presenting had to talk to an empty classroom. Nicholas said, "It must be very disappointing for the students doing the seminar because they are doing a great job and very few people get to see it."

Nicholas said this type of program has been attempted in other colleges with some success.

However, for this program to be a success it badly needs participation from the student body.

There will be another seminar in room 1C6 on Dec. 3 from 12:30 p.m. to 1:30 p.m. on sleep deprivation, a subject which should be useful to most students but will anyone show up?

The question is how to get more students to participate. Nicholas said, "I don't know what else to try." There is an ad in Spoke every Monday before the presentation to tell students where the seminar will be held and what the topic is. Flyers have been put on bulletin boards.

Nicholas said the lack of attendance is unfortunate because "the students are missing out."

Kitchener Transit Passes

ON SALE

Monday, January 5
&

Tuesday, January 7
10 am - 2 pm
Door 3 Foyer



4 Month Pass \$164
Photo ID \$4



DSA #'s to Remember

Phone 519-748-5131
Fax 519-748-6727
Hotline 519-748-5220 ext 8DSA
E-Mail listen@doonsa.com
WWW www.doonsa.com

DSA Office Hours

Monday to Thursday 9 am - 4 pm
Fridays - 9 am - 2 pm
Closed Weekends and Holidays

The Sanctuary Hours

Monday to Thursday 7 am - 7 pm
Fridays 7 am - 5 pm
Closed Weekends and Holidays



Sports



Condor Matt Goodburn (20) keeps an eye on linesman Scott Green as he waits for a face-off on Nov. 26. (Photo by Corina Hill)

Hockey team's winning streak ends

Condors lose

By Corina Hill

The Conestoga Condors men's hockey team, who as of Nov. 25 were undefeated, were shot from the sky by Sir Sanford Fleming Cougars.

The game played at the Kenneth E. Hunter Recreation Centre put the Cougars on top with a 4-3 victory over the Condors Nov. 26.

The Condors did not seem to have the same stamina in the Wednesday evening game.

Condor penalties started early in the game with Wayne Atwood going to the box for hooking three minutes into play.

The Cougars scored the first goal of the game. Corey Payment scored the goal with assists going to Scott Farrell and Mike O'Grady.

Fleming followed the goal with three of their players heading to the penalty box with hooking, tripping and cross-checking penalties.

The Condors were unable to capitalize on Fleming's numerous penalties. After having two Cougars in the penalty box, no goals were scored.

Leading off the scoring for the Condors was Chris Palubeski with an assist from Sean Murray. Palubeski broke away from a defenceman and popped a goal

past Cougar goalie Mark Trimble.

The score at the end of the first period was tied.

A Condor goalie change at the start of the second period saw veteran goaltender Darryl Whyte replace Steve Grebers.

Whyte attempted to clear the puck out of the zone early in the second period. Fleming acted fast and scored before Whyte made it back to the goal crease. Cougar captain, Chad Patterson scored the goal with assists going to Ryan Foster and Shannon Lawr.

The packed house cheered Condor Jeremy Snider when he fought with Cougar Curtis Ducey. Snider received a five minute penalty for fighting, a game misconduct and a high-sticking penalty.

Ducey also recieved a fighting penalty and a game misconduct. Of the eight games he played before Nov. 26, Snider had a total of 12 penalty minutes for the Condors.

Fleming scored shortly after the fight. In his second goal of the game, Patterson banked a rebound off Whyte.

To finish off the second period, Tadam Newman scored the fourth and final goal for the Cougars. His goal was assisted by Troy

Crowder.

The score at the end of the second period had Fleming ahead 4-1 over the Condors.

The Condors fought back in the third period trying to reclaim their unbeaten status.

OCAA points leader Darryl Sinclair scored for the Condors with a pass from Matt Goodburn. Sinclair, Palubeski and Goodburn are competing for the top points in the league.

Palubeski scored again for Conestoga shortly after Sinclair's goal. Shayne Davis assisted the goal giving the Condors their first taste of a comeback in the game.

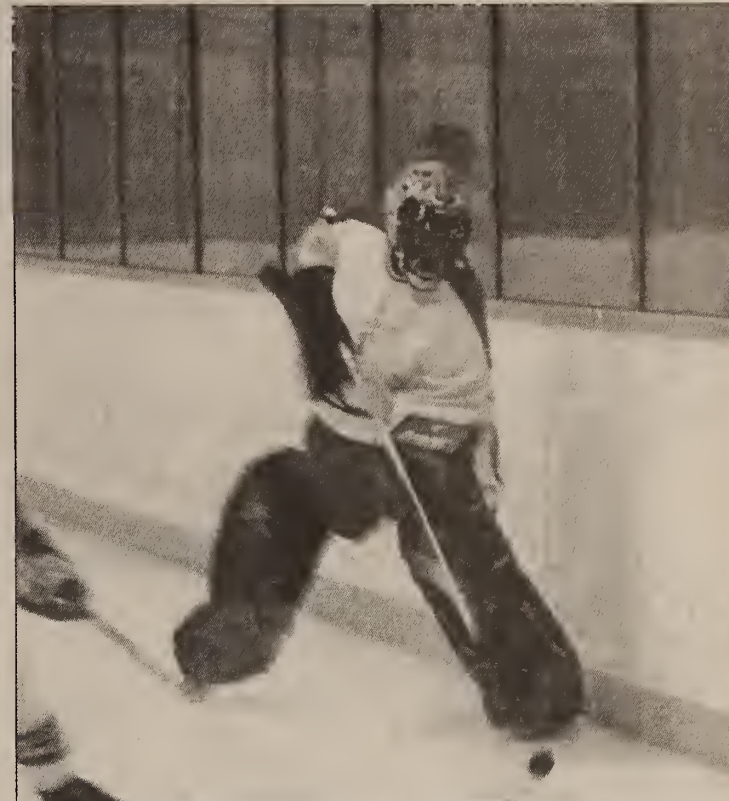
Conestoga coach Kevin Hergott called a time-out with 34 seconds left in the game.

Hergott, who wanted to get his team back into the game, was unable to lead his team to victory.

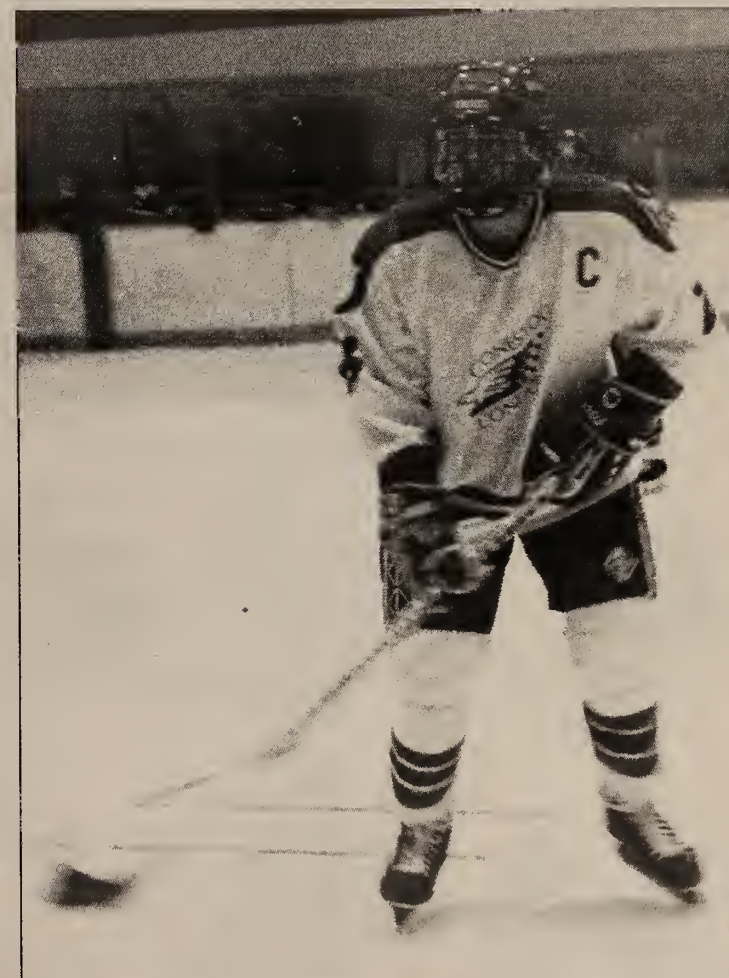
Fleming called their own time-out less than ten seconds later, thus throwing off the Condors.

With the loss being the first of the season, one can expect the Condors to come out flying in a tournament to be played Dec. 4-7 in Lindsay in which the Condors play three games in two days.

The next Condor home game will be Jan. 21 against the Seneca Scouts.



Condor goalie Darryl Whyte attempts to sweep the puck out of the zone moments before a Fleming goal. (Photo by Corina Hill)



Conestoga defenceman Jeff White stares down a Fleming player at the game on Nov. 26. (Photo by Corina Hill)

Ski Canada home page moves to new location

By Rachel Pearce

Attention thrill seekers: the Ski Canada web page has moved to a new location.

Ski Canada, now found at <http://grover.educ.ualberta.ca/ski>, is an important source of information for those who make the most out of our northern climate.

Although the Ski Canada page does not contain many cool shots of Warren Miller-style athleticism, it does provide important

links to all major Canadian ski resorts-- the Alpine Skiing World Cup '98 site, highway condition reports (Alberta and British Columbia only), skiing and snowboarding news groups, the Warren Miller Entertainment Canada home page and the Ski Pass Archive--through which net-surfing snow lovers can obtain passes from around the world.

On a more local level, Ski Canada has direct links to the home pages of Talisman and

Mount St. Louis Moonstone.

Mount St. Louis Moonstone, located on Hwy. 400 about 26 kilometres north of Barrie, was to have opened Friday.

To find out how many of the hill's 35 runs are operational, what the ski conditions are and which of the local hotels have vacancies, you can visit the site through the Ski Canada site or go directly to <http://www.mslm.on.ca>.

For inspiration, you can visit the

Warren Miller home page. Miller, the 70-year-old ski legend who has been making and showing films since 1950, has written a letter to site visitors explaining a little about himself and how his company is now run by his youngest son and partner, Kurt. At 70, one can hardly expect him to be filmed heliskiing in the Rockies.

The aggressive advertising of Warren Miller books, films and other products—not so cleverly

disguised in Miller's "letter" to his fans—can get annoying, but the site contains quite a few awe-inspiring snowriding shots.

"Remember," writes Miller in parting, "you can only do four things on skis."

You can turn right, you can turn left, you can go straight, or you can sell them."

Of course, he missed a fifth. You can break a limb.

But, doubtless, that would never occur to him.



Jack Ewasick calls a shot into the rings at the Stratford Country Club curling rink.

(Photo by Matt Harris)

IT'S OVER!

Not the relationship, silly, the United Way campaign!



Thank you, everyone, for your support, participation and contributions which put Conestoga College over the top.



Conestoga
College



Calling the shots,

Curling a game of craftiness and cunning, says curler

By Matt Harris

It can best be compared to chess in terms of its strategy and planning. Curling requires craftiness, cunning and a soft touch. It may not seem so involved to those who've never played, but to Nick Warus the challenge never goes away.

A long-time curler, Warus admits he sometimes gets a little carried away when he plays.

"There are times when I'm-out there shouting my head off," he says. "I just get into the game so much that I have to say something."

As the skip of his team, Warus calls most of the shots played during a game. Curling teams are comprised of four players: the lead, second, third and the skip. Each player has two rocks per end, and in an ordinary game there are eight to 10 ends.

"I used to be the second, but that was too boring for me," Warus admits with a laugh. "I love calling the plays and planning the strategy with my team."

Warus says his basic strategy in curling is to set up guards early and then play for position in the house (the colored rings at each end of the ice).

"What usually happens is we take each other's rocks out of play, so neither of us has an advantage later on," he says. "When that happens, it can get boring. The fun really begins when you start using someone else's guards to your own advantage."

Players can use one of two basic

shot techniques. Inturns and outturns are used depending on where the shot needs to be placed in the rings. The names themselves are derived from the way a player lets go of the rock. Warus says it gets interesting when you get a left-handed player taking directions from a right-handed skip.

"It was funny when I started calling the shots because I'd call one thing and it would come out wrong," he says. "Then I realized that I was thinking of how I would release the shot. It dawned on me that I shoot with my left and the other guys shoot right-handed."

"It's not that big a deal, but it was confusing for me just starting out."

Jack Ewasick, another long-time curler, says touch is the biggest part of the game.

"If you can't get a stone around a guard and into tight spots, you won't score many points," he says. "It takes a while to learn how to judge speed and positioning."

Warus says the game is much like chess in some regards.

"You try to figure out what your opponent is doing before he does it," he says. "At the same time, you want to get in a position to put yourself ahead."

Conestoga students catch NHL action in Buffalo

By Victoria Long

Last Wednesday, 26 Conestoga students and two Doon Student Association (DSA) executive chaperones went on a bus trip to Buffalo, N.Y., for the NHL game between the Philadelphia Flyers and the Buffalo Sabres. Steve Harris, DSA entertainment manager, said the group was made up mostly of die-hard Philly fans who were disappointed to see that the game was slow, but were happy at the 3-1 win for their team.

Harris said even the Flyers' "legion of doom" top-scoring line, which includes Canadian Eric Lindros, Dainius Zubrus and John LeClair, wasn't playing as physical a game as usual. "The players weren't hustling. It seemed like they were just there to get it over with," he said.

The Flyers dominated the shots on net and the Sabres just didn't seem to be "with it," Harris said. "Both teams seemed tired. There wasn't as much physicality as usual and they weren't doing much checking. They weren't really hitting."

The trip was one of seven organized by the DSA to let students take a break, to get out and enjoy themselves at a bargain price, Harris said. The DSA bought a busload quantity, 45 game tickets, and scalped the surplus when the trip was undersubscribed. The seats were in the 100 Section, Harris said, which is an excellent location with some of the best seats in the house. "It's cheaper and better than we could have gotten for the same price at Maple Leaf Gardens," Harris said.

The game was held in the huge, circular year-old Marine-Midland Arena on the outskirts of Buffalo. Harris said they could see the building as they drove into town on the elevated freeway. He said its open concept interior makes it an impressive arena.

The bus departed from Doon at 4:15 p.m. and arrived at the arena just after 6 p.m. The hockey fans returned around midnight, Harris said.

The next trip planned is to Blue Mountain Ski Resort near Collingwood on the last Friday in January.

It will leave about 7 a.m. and return by about 7 p.m.

The cost will be \$25 a person for both the bus fare and an all-day lift pass. Tickets go on sale Jan. 3.

Each student may bring one non-student



Wishing you a
Safe
and
Happy Holiday

From the
Doon Student Association



Veteran star missing from lineup

Students' opinions mixed over Messier's absence

Story and photos by
Hunter Malcolm

As Canadian athletes are chosen for the different teams to be competing in the upcoming Nagano Winter Olympics in Japan, hockey could be the only sport where those who are cut make the headlines.

As the games approach, the Nov. 29 announcement of Canada's men's hockey team seemed to catch the game's bleacher prophets off guard.

Sports sections across the country noted an apparent changing of the old guard and a turn towards role players from role models.

For people unaccustomed to Canadian hockey protocol, the rules are simple. If you don't win, you won't play.

Canada is a country where, with the pool of talent available for international tournament play, anything less than a championship victory is unacceptable. Because hockey in Canada is one of the few aspects where the people express their pride, losing at the game is not quickly forgotten and even slower to be forgiven.

Perhaps the recent purging of the ranks may be attributed to last year's World Cup fiasco, in which Canada, hockey's divine force, choked.

Glen Sather, best known for his organizational role in the Edmonton Oilers' NHL dynasty of the '80s, also managed that particular World Cup team.

Sather will not be contributing to the '98 Olympic team. This was the first stone of the old-school wall to be removed.

There is no intrigue in the fact that Paul Coffey, Grant Fuhr and Mark Messier, all of whom played

on Sather's champion Oilers squad, not to mention that World Cup team, were all scratched from this year's Olympic hockey team.

It is an inevitable predicament, which has simply come to pass. Change isn't easy, even when it can be seen on the horizon.

Hence the stir created by the new-age roster.

Newspapers across Canada have articulated this angst with such headlines as: "Clarke and Gainey must justify picks," and "Marksists riled by Olympic team picks."

Conestoga students were asked what they thought about the most notable cut from the team, Mark Messier, the 36-year-old veteran leader.

"Him getting cut is like no ketchup on a hotdog," said Joe Brown, first-year chemical engineering, who thought the decision to cut him was wrong. "I love Messier."

Gary Stevenson, first-year woodworking, said he didn't think it was a bad move.

"The Olympics are not all-star games where it's just high profile names being showcased," he said. "He has lost too much to contribute."

Ryan Woolner, first-year woodworking, agreed.

"The team needs more speed than anything else, it already has enough leaders," he said.

Scott Merritt, first-year general metal machine, said it was wrong to cut Messier.

"It's no good. There's no leadership now besides Gretzky," he said.

Jason Bondy, first-year woodworking, said he didn't think the cut was fair to Messier's career.

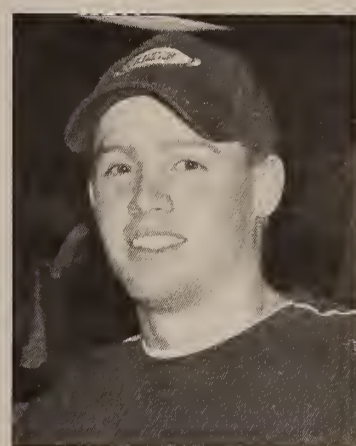
"He's done enough for the sport that he should be included,"



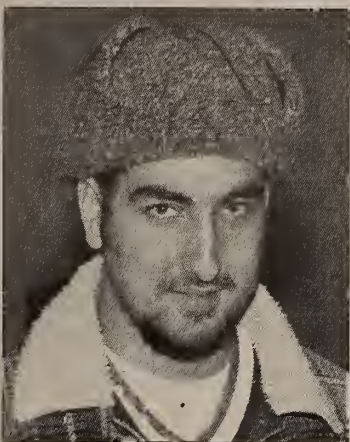
Ryan Woolner
woodworking



Joe Brown
chemical engineering



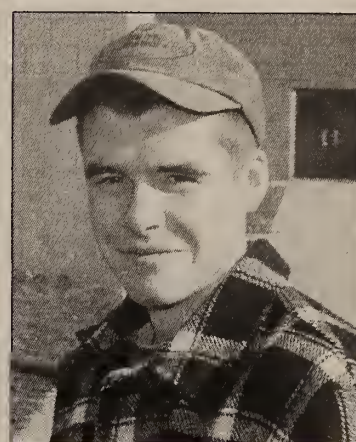
Gary Stevenson
woodworking



Garbis Garabed
chemical engineering



Jason Bondy
woodworking



Scott Merritt
general metal machinist

he said.

Garbis Garabed, first-year chemical engineering technician, also thought it was a mistake to scratch the veteran.

"He's a team leader who has been there before. I think the team will suffer for it," he said.

Whether or not the decision was right or wrong will become apparent with the performance of Canada's team in Nagano.

Jock Talk

Messier could still play

As I sat Saturday evening anticipating who would be representing the fine country of Canada at the Nagano

Olympics, I was overcome with a tremendous feeling of being let down.

After all the Ottawa minor league hockey players came to centre ice wearing a replica jersey of a member of the "big team", not one of them was wearing the jersey with number 11 (Mark Messier) or the number 8 (Mark Recchi).

Bob Clarke, Bob Gainey, Pierre Gauthier and Marc Crawford, all instrumental in naming the 23-man roster, but the exclusion of Messier and Recchi from the list makes us wonder about their credibility. Especially in light of some of the players who did make the team.

Many critics are questioning the presence of Rob Zamuner of the Tampa Bay Lightning. Despite not being a forward with extraordinary offensive skills, Zamuner's style of play is a crucial component to any



L. Scott
Nicholson

successful team. Zamuner is a hard-working, gritty, defensive specialist who will fit in nicely when Canada finds itself short-handed.

There are however, names on the first all-professional Olympic hockey team that unequivocally do not belong there.

Take Theoren Fleury for one. Fleury was instrumental in some of Canada's earlier junior national successes but he is now 34 and beyond being able to help Canada's Olympic team.

Keith Primeau is another name of nobodies who should not be representing his country. In his time in the NHL, Primeau has done very little to impress.

This year Primeau has only mustered eight goals and 13 assists. In his last two years he has barely been able to break the 50-point plateau.

Primeau isn't exactly a great guy to have in the dressing room either. It is reported that he has had altercations with fellow teammates and who can forget the tilt he had with his brother Wayne during a play-off game last year between the Hartford Whalers and Buffalo

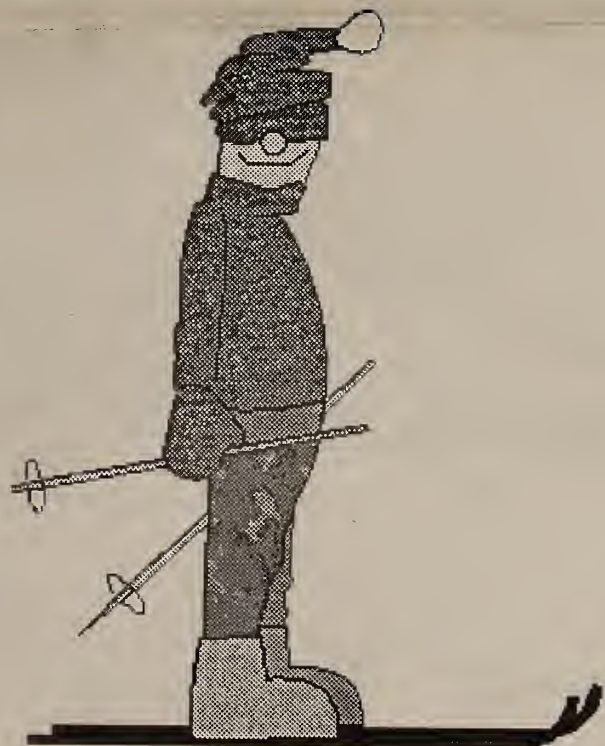
Sabres. True, Primeau brings size to the team at 6'5 and 220 pounds, but there are a lot of other guys in the NHL who can intimidate with their physical presence, like Messier.

There are two other members of the Olympic team that should not be there. Eric Lindros and Ray Bourque. Both players are exceptional in their own right but in Lindros fashion, the big whiner said prior to the selection that he didn't want to play for the national team. If he doesn't want to play then why was he taken? Messier will fit the role perfectly.

Bourque, who snubbed Wayne Gretzky when the "Great One" pleaded with him to play during the World Cup two years ago, does not deserve to be on the team either.

Bourque is a great player but he had his chance and he blew it.

Despite the obvious shortcomings of the Olympic team, I do still think Canada has the best team in the competition and do not be surprised if someone currently on the team has an injury prior to the start of the Olympics and Messier finds his way onto the team.



Blue Mountain Ski Trip, Fri., Jan. 30.

Plan to ski white at Blue Mountain. The DSA is organizing a bus trip for students, who can either ski or snowboard.

The cost of the trip is \$25, which includes an all day lift pass and transportation. The

rental rate of skis is \$11 and snowboards is \$24. An additional credit card deposit of \$400 is required for snow board rentals.

Students may bring one (1) guest on this excursion. Sign up at the DSA Office by January 21, 1998.



Team Canada still deserves the bulls-eye

By Dan Meagher

Canada's recently announced Olympic hockey team has already come under more fire than any opposing forwards could ever throw at it.

When Canada's G.M. Bobby Clarke unveiled the roster on Nov. 29 at the Corel Centre in Ottawa, fans across the nation simultaneously gasped at the exclusion of leadership poster boy and six-time Stanley Cup winner Mark Messier.

The roster did, however, include a wealth of talent with years of international experience, ample toughness and plenty of size.

"You have to make them the

favorite," said Record sports columnist Karlo Berkovich. "I think the team looks quite strong."

Berkovich did mention a couple of surprises on the roster. While Tampa Bay Lightning forward Rob Zamuner has received the brunt of the criticism, the addition of Carolina Hurricane behemoth Keith Primeau is perhaps the most mystifying.

Berkovich doesn't see it as a major cause for concern, but believes Primeau should have taken a back seat to more proven performers such as Mark Recchi or Messier.

"I don't really understand Primeau's selection. I can sort of see why Messier was passed over

and I guess Primeau has size, but he didn't really establish himself at the World Cup."

As for Zamuner, the highly committed checking forward's selection comes as proof that Canada's scouting people have done their homework.

Unwilling to see a repeat of the World Cup, Dallas Stars G.M. Bob Gainey, Ottawa Senators G.M. Pierre Gauthier, and Clarke, the Philadelphia Flyers head man, were searching for the right person for the all-important checking role.

Zamuner's stellar performance at the World Championships last year boosted his stock in Canadian hockey circles. The triumvirate in

the Olympic team's front office clearly stated that that tournament would be a proving grounds for the Olympics.

People who are quick to jump on Zamuner's selection are over-reacting in typical Canadian fashion, Berkovich said. "The World Cup team dominated play throughout the tournament and most of that final game and were beaten by a hot goaltender," he said. "And it's not as if one or two players are going to be the reason for losing."

The team features eight players who were not on the ill-fated World Cup team, including the 37-year-old Ray Bourque, who turned Canada down at the World Cup,

and goaltender Patrick Roy, who is finally getting his chance to prove himself at the international level.

Most importantly, however, will be the addition of speedy Anaheim Mighty Duck hold-out Paul Kariya.

The diminutive winger, who was forced to miss the World Cup due to an abdominal injury, will add a whole new offensive dimension to the team.

While Canadians sit around for the next two months mulling over the roster and figuring out who Rob Zamuner is, they can take comfort in the knowledge that there are a number of quite capable replacements, should injuries arise.



Adam Diciacca (left) works on an injury for competitive water-skier George Leite (centre) while Randall Helm, a registered physiotherapist watches at the Waterloo Sports Medicine Centre.

(Photo by Ross Bragg)

Handle sports injuries sensibly, Shadd says

By Matt Harris

As an assistant coach on Conestoga's men's soccer team, Duane Shadd has seen a few injuries from time to time. Anything from sprained ankles to deep bruises to more serious injuries. The one thing they have in common, Shadd says, is the athlete.

"When an athlete comes to me and says something hurts, I listen to them," he says. "More times than not, an athlete will tell you where it hurts and what it feels like. All you have to do is listen to them to find out what you need to know."

Equipped with knowledge in first aid and St. John's Ambulance training, Shadd says the most common injuries he sees are ankle and knee sprains, as well as cuts and bruises. There are other types he says, some as serious as broken limbs and back injuries.

"I try to encourage prevention of injuries as much as I can," Shadd says. "For example, I ask my kids to wear protective gear whenever they participate in sports."

"By staying on top of injuries and letting people know how something feels, an athlete can get back to competing as quickly as possible."

Shadd adds there is a difference between a general physician and a doctor who is specialized in sports medicine.

"When you tell a doctor that it hurts to flex your arm when taking a backswing in racketball, he'll

tell you not to do that for a couple of weeks or until the pain goes away," Shadd says. "But a doctor trained specifically in sports injuries understands that athletes want to get back to playing. He'll help get them back playing as soon and as quick as he can."

Andrew Nickel, a human kinetics student at the University of Toronto, agrees with Shadd about the importance of common sense.

"You just have to pay attention to what the situation is," he says. "If a guy comes to you and has a separated shoulder, you're gonna know that right away. What you may not know is he may have another injury that's not as obvious."

Both Nickel and Shadd agree the most important assessment initially comes from the coach.

"The coach is usually the first person to talk to an athlete after he/she gets hurt," Nickel says. "They should try to assess things in terms of what the player tells them and their own observations."

Shadd says he tries to keep athletes with minor injuries involved in some extent.

If the injury is one that doesn't require immobility, he says he expects the athlete to attend practices and games.

"Taking soccer as an example, when a player gets cut and is bleeding quite a bit, we take them out and check their wound," he says. "After we get the bleeding stopped, the cut is examined. If it's not too bad, we cover it up and let the player go back into the game."



Assistant soccer coach Duane Shadd tends to the knee of Derek Castro during a Condors' game this season.

(Photo by L. Scott Nicholson)

WinterFest '98
Doon Student Association

GET READY FOR
WinterFest '98

JANUARY 29 - FEBRUARY 6

17th Annual
Polar Plunge

Skating Party

SKI TRIP

Dinner Show

Winter Camp Out

DOON STUDENT ASSOCIATION
DSA

READ
SPOKE

Classifieds

Faculty needs daily ride to and from Doon campus five days a week. Please call Mike at 748-5220 ext. 409

Spring Break & New Year's

Travel free by organizing small groups to Montreal, New Orleans, Florida and Mexico. We also have great Ski trips! Call Breakaway Tours @ 1-800-465-4257 Ext. 310 for free promo kit.
www.breakawaytours.com